

December 2020



Exercise During the Pandemic

Everyone knows that regular exercise is important. Most people think of how it affects them physically. However, it also affects you mentally. During these trying times it is important to stay physically active for many reasons, like the obvious physical reasons such as fighting obesity, helping with chronic health conditions, boosting the immune system and helping with balance and flexibility, just to name a few. Let's take a look at some ways exercise also helps our mind.

Exercise reduces stress and anxiety. It boosts mood by releasing a hormone called endorphins. Endorphins are known as the body's natural feel-good hormone. This helps make problems we are encountering seem more manageable. This is also what causes feelings such as "runner's high" and what makes you feel so good after a good workout. All of this adds up to helping individual reduce their stress levels and build emotional resilience.

[Read More](#)

Bipolar Disorder

Bipolar Disorder is a chemical imbalance brain disorder. A chemical imbalance in the brain occurs when there is either too little or too much of certain neurotransmitters. Neurotransmitters are the chemical messengers such as, serotonin, dopamine, and norepinephrine. Serotonin is considered the "happy drug" while Dopamine is considered the "feel good drug" because of the way they control and regulate mood and emotions. Norepinephrine is a bit different as it helps regulate attentiveness, sleeping, dreaming, and learning. Furthermore, norepinephrine is also released as an actual hormone into the blood, where it causes blood vessels to contract and heart rate to increase.

[Read More](#)

Helping Youth Manage Disappointment

As communities across Nebraska continue to feel the weight of the pandemic, it is important to acknowledge the distress that our youth may be experiencing as their lives continue to be disrupted. Specifically, youth are having to learn to deal with a number of losses that are hitting them all at one time. Missed opportunities to participate in extracurricular events such as sports or music competitions, cancelled homecoming dances and winter formals, postponed family trips, being unable to gather to celebrate important milestones like birthdays, and changes in holiday traditions with families may lead youth to feel an increased sense of sadness, frustration and disappointment. Even missing out on regular activities like going to the movies with friends, sleepovers or going on a fieldtrip can be upsetting for many kids.



[Read More](#)

SCIP Spotlight

Community Awareness Event: Youth Mental Wellness

Our youth are our future's greatest asset. Schools, parents, caregivers and communities all play a role in providing supportive pathways for our youth as they navigate childhood and adolescence. SCIP (School Community Intervention and Prevention) is partnering with Lincoln Public Schools, Bryan Health and the Lancaster Prevention Coalition to put on two valuable presentations about supporting the health and wellbeing of our community's youth. These events are open to parents, students, school professionals and community members.

Due to COVID-19 restrictions this year's events will all be virtual.

Community Awareness Event: December 3, 2020- QPR Gatekeeper Training 6:30 p.m. -7:45 p.m.

Via Zoom- <https://us02web.zoom.us/j/84428884394>
Meeting ID: 844 2888 4394

Presentation:

QPR stands for Question, Persuade, and Refer —3 simple steps anyone can learn to help save a life from suicide.

The mission of QPR is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. QPR will train people to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. Quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

This training is presented by Abbe Edgecombe with School Community Intervention & Prevention (SCIP) in partnership with Region V Systems. SCIP is a statewide program designed to support student mental, emotional and behavioral health. Abbe coordinates SCIP for schools in Lincoln and Lancaster County.

Please Note: This training is open to both adults and youth (Middle and High School Students) however, students must be logged in with a parent/guardian to attend.

More Information

Future Presentation: Save the Date

Community Awareness Event: Fostering Youth Mental Wellness in a Stressful World

**Presented by: Dr. Melissa Lafferty with Nebraska Mental Health Centers
February 25, 2021 at 6:30 p.m. – 8:00 p.m.**

Due to COVID-19 restrictions this year's events will all be virtual.

**Via Zoom- <https://us02web.zoom.us/j/81409286209>
Meeting ID: 814 0928 6209**

More Information

For more information on these events please reach Valerie Hotsenpillar at (402) 327-6843 or email at vhotsenpillar@lmep.com

Happy Holidays!

Wishing you a season filled with warm moments and cherished memories.

We are taking a break during the holidays. Look for the next newsletter on February 1st.



For additional information and resources visit the SCIP website

Visit our website

SCIP - School Community Intervention & Prevention | 4600 Valley Road, Lincoln, NE 68510

[Unsubscribe gloria-jundt@cdolinc.net](mailto:gloria-jundt@cdolinc.net)

[Update Profile](#) | [About our service provider](#)

Sent by vhotsenpillar@lmep.com powered by

